**Goal Setting**

**Short Term Goals**

are ones that you will achieve in the near future (e.g., in a day, within a week, or possibly within a few months)

**Long Term Goals**

are ones that you will achieve over a longer period of time (e.g., one semester, one year, five years, or twenty years).

Creating S.M.A.R.T. Goals

**Specific**

**Measurable**

**Attainable**

**Realistic**

**Time**

**Specific** - A specific goal has a much greater chance of being accomplished than a general goal. To set a specific goal you must answer the six "W" questions:

\*Who:      Who is involved?

 \*What:     What do I want to accomplish?

\*Where:    Identify a location.  \*When:     Establish a time frame.  \*Which:    Identify requirements and constraints.  \*Why:      Specific reasons, purpose or benefits of accomplishing the goal.

EXAMPLE:    A general goal would be, "Get in shape." But a specific goal would say, "Join a health club and workout 3 days a week."

**Measurable** - Establish concrete criteria for measuring progress toward the attainment of each goal you set. When you measure your progress, you stay on track, reach your target dates, and experience the exhilaration of achievement that spurs you on to continued effort required to reach your goal.

To determine if your goal is measurable, ask questions such as......

How much?

How many?

How will I know when it is accomplished?

**Attainable** - When you identify goals that are most important to you, you begin to figure out ways you can make them come true. You develop the attitudes, abilities, skills, and financial capacity to reach them. You begin seeing previously overlooked opportunities to bring yourself closer to the achievement of your goals.

**Realistic** - To be realistic, a goal must represent an objective toward which you are both *willing* and *able* to work. A goal can be both high and realistic; you are the only one who can decide just how high your goal should be. But be sure that every goal represents substantial progress. Your goal is probably realistic if you truly *believe* that it can be accomplished.

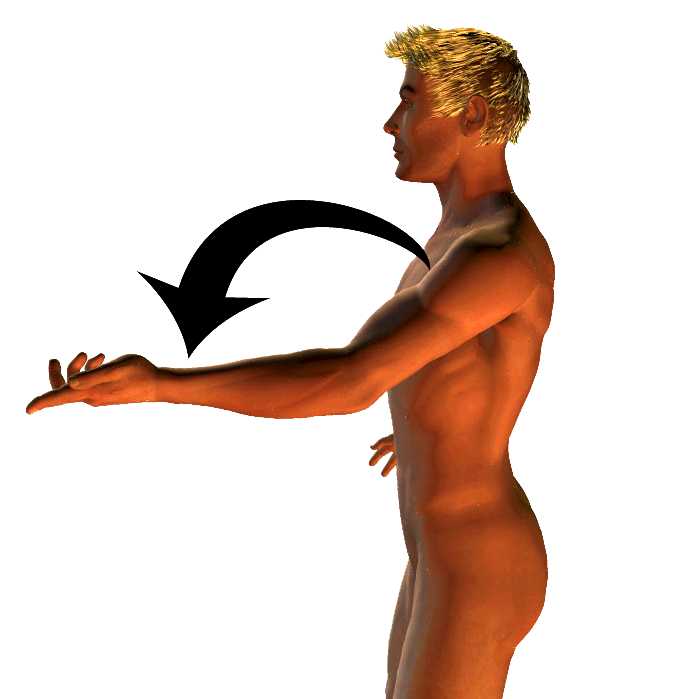
**Timely** - A goal should be grounded within a time frame. With no time frame tied to it there's no sense of urgency. If you want to lose 10 lbs, when do you want to lose it by? "Someday" won't work. But if you anchor it within a timeframe, "by May 1st", then you've set your unconscious mind into motion to begin working on the goal

Fitness Room Musts:

1. Always follow the weight room rules.
2. Work with a partner (gives you rest in between sets)
3. If you need help or unsure of safe procedure/technique ask a Goodlife instructor or Mr. Costley
4. You must fill out your workout regimen after each workout or during.

Fitness Room Tips:

1. Warm-up: If you are not performing cardio on that specific day you should do at least 3-5 minutes.
2. Rest:Work – Your rest to work ratio should be 2:1. Therefore if you work for 30 seconds you need at LEAST 1 minute of rest. (Working in pairs will take care of this)
3. Proper Technique – You must use proper technique to reduce the risk of injury
4. Work the ability you want to improve  
   If you are trying to improve one area, and the weight you started with is now light, increase your weight and vice versa.
   1. Power – 1-3 reps
   2. Strength – 6-8 reps
   3. Endurance 10-15 reps
   4. If you want to gain muscle, you want strength exercises. If you want to tone muscle you want endurance exercises.
5. Do not work the same muscle group 2 days in a row
6. Start with major muscle groups and finish with minor groups. For example, the pectoralis muscles are the large muscle; therefore you should start with the bench press. Whereas the triceps is the small muscle group which you could end your workout with.
7. Workout muscle groups that are familiar or utilize each other. Ex: Bench press works your pectoralis muscles as well as your triceps.

**Weight Training Terminology**

We need to learn what some actions are before we actually reproduce them and what some muscles are before we use them.

**Flexion-Extension**



**Flexion** – Reduces the angle between tow bones at a joint

**Extension** – Increases the angle between two bones at a joint

**7 Fitness Components**

1. **Speed -** is the distance traveled per unit time without regard to direction (speed)
2. **Agility -** the ability to perform a series of explosive power movements in rapid succession in opposing directions
3. **Strength - i**s the weight that can be moved through a distance (work), or the ability of muscle to generate force against a resistance
4. **Muscular Endurance -** a muscle's ability to perform a maximum contraction time after time
5. **Balance -** the ability to control the body's position, either stationary
6. **Flexibility -** the ability to achieve an extended range of motion without being impeded by excess tissue, i.e. fat or muscle
7. **Power -** the ability to exert maximum muscular contraction instantly in an explosive burst of movements. The two components of power are strength and speed.

**Muscular Anatomy**

We will be learning some of the muscles that will be very important to obtaining our goals. If we do not know our body, it will be hard to learn about what exercises will help each muscle. Once we know these muscles, we will have the knowledge to know various exercises that will be effective for working that specific muscle.

(Turn to handout – diagram)

Muscles:

Trapezius – Lateral muscles of the neck

Pectoralis Major/Minor – Chest muscles (major is superficial, minor is deep)

Latissimus Dorsi – Back muscles

Deltoid – Shoulder muscles (Superficial)

Rotator Cuff – Shoulder muscles (Deep)

Biceps – Front muscles of the arm (“bi” means 2)

Triceps – Back muscles of the arm (“tri” means 3)

Gluteus Maximus/Minimus – Butt muscles

Quadriceps – Front leg muscles (“Quad” means 4)

Hamstrings – Back leg muscles

Calf – Back lower leg muscles

Obliques – Side abdominal muscles

Abdominus – Abdominals

Task # 1 – Go into good life and write down 3 exercises per muscle group